



Building Self-Esteem with Adult Learners

Denis Lawrence

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`It is a useful and practical resource which, even if not used for the purposes of staff development, contains helpful insights into something we often talk about but rarely stop to examine' - *Adult Learners*

Self-esteem is a major factor in learning outcomes, with research consistently showing a positive relationship between how a person values themselves and their level of academic attainment.

This book shows tutors how to build self-esteem in adult learners, especially those engaged on courses to improve literacy skills. The author presents a structured programme designed to raise self-esteem and also presents a theoretical basis for the development of self-esteem. Practical activities and

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